

# FOSTER PARENT NEWS

## DCS TRAINING NEWSLETTER

*You're invited!*

**CHILD WELFARE COMMUNITY LUNCH AND LEARN SERIES!**

2022

TN Department of Children's Services

**CELEBRATING AFRICAN AMERICAN HISTORY MONTH WITH CHILDREN AND YOUTH**

FEBRUARY 1, 2022

- For more information, click [HERE](#)
- Click [HERE](#) to Register: **February 1, 2022, 1:00 PM-2:30 PM CT/2:00-3:30 PM ET**
- Click [HERE](#) to Register: **February 1, 2022, 5:30-7:30 PM CT/6:30-8:30 PM ET**
- Visit our webpage to learn more about our "Unsung Hero-of-the-Month" [HERE](#).

*Impact of Fostering on Birth Children Resources*

Click [HERE](#) for More Information



**February Topic:**  
*"Foster Child and Youth Transitions"*

**Regional Intervention Program: Introduction to Understanding and Addressing Challenging Behaviors in Children**

For more information and to register for this training, click [HERE!](#)

This virtual class will be held on February 22, 2022 from 5:30 - 7:00 pm CST / 6:30 - 8:00 pm EST

\* This class is worth 1.5 hours of training credit.

Statewide Zoom Class

The fundamentals of caring for you, your family, and your child with mental illness.

Classes Forming Now ~ Limited Space Available

For more information and to register for this training, click [HERE!](#)

6-Day training dates for this class are as follows:

- ~ February 22 & 24 @ 6:00 - 8:30 pm CST / 7:00 - 9:30 pm EST
- ~ March 1 & 3 @ 6:00 - 8:30 pm CST / 7:00 - 9:30 pm EST
- ~ March 8 & 10 @ 6:00 - 8:30 pm CST / 7:00 - 9:30 pm EST

\* Each class is worth 2.5 hour of training credit.

## Training Calendar

Click the links below to register

- 1/20 - [Helping Children Make Transitions](#)
- 1/24 - [What to Know About Child Exploitation and Human Trafficking](#)
- 1/24 - [DCS Listens: Fostering during Challenging Times](#)
- 1/25 am - [Internet Safety for Parents of Pre-Teens & Teens -9:00 am](#)
- 1/25 pm - [Internet Safety for Parents of Pre-Teens & Teens -1:00 pm](#)
- 1/26 - [Human Trafficking 101 for At-Risk Youth](#)
- 2/1 - [\(Edison, TFACTS, and WebEx\) Training for Foster Parent](#)
- 2/5 - [What to Know About Child Exploitation and Human Trafficking](#)
- 2/8 - [Connecting the Dots: What Every Foster Parent Should Know about CANS](#)
- 2/17 - [Creating Normalcy Through Prudent Parenting](#)
- 2/19 - [\(T.I.P.S.\) Trauma Informed Parenting Strategies](#)
- 2/22 - [Social Media and Cyber Safety](#)
- 2/22 - [RIP: Intro to Understanding Challenging Behaviors](#)
- 2/24 - [Be The One](#)
- 2/28 - [Loving and Letting Go](#)
- 3/3 - [Engaging and Parenting Teens](#)
- 3/3 - [Mental Health 101 for Parents](#)
- 3/5 - [Creating Teachable Moments](#)
- 3/7 - [Creating Normalcy Through Prudent Parenting](#)
- 3/8 - [Stewards of Children](#)
- 3/10 - [What to Know About Child Exploitation and Human Trafficking](#)
- 3/15 - [Your Money Your Goals](#)
- 3/17 - [Working with Birth Parents](#)
- 3/17 - [Building Strong Brains](#)
- 3/21 - [Positive Parenting](#)
- 3/24 - [CFTM for Foster Parents](#)
- 3/29 - [Post Approval Panel](#)
- 3/31 - [Cultural Awareness](#)

CORE TEEN 4-Part Series

January 31st, February 3rd, 7th, and 10th

Click [HERE](#) to Register

MENTAL HEALTH 101 FOR PARENTS

Mental Health 101 for Parents by the Mental Health Association of East Tennessee

For more information and to register for this training, click [HERE!](#)

Training dates for this class are as follows:

- ~ February 17, 2022 @ 5:30 - 6:30 pm CST / 6:30 - 7:30 pm EST
- ~ March 3, 2021 @ 5:30 - 6:30 pm CST / 6:30 - 7:30 pm EST

\* Each class is worth 1 hour of training credit, and you can attend one or both for credit.

February Meeting Dates:

February 16th @ 11:30 am

February 28th @ 5:30 pm

To visit our DCS Listens Webpage, and to sign up, click [HERE](#)

Online Featured Training

Eating Disorders 101



Vanderbilt Center of Excellence for Children in State Custody *Lunch and Learn Series Episode: **Eating Disorders 101***

- To view the YouTube recording of this training, click [HERE](#).

- To receive training credit, please fill out form [HERE](#).

Get to Know the Training Team!



Tamara Gray

Foster Parent Training & Contract Manager

Tamara has been a foster parent trainer for Shelby Co. and Southwest regions since January 2020.

In total, she has been with the State of TN for 22 years and has had over 30 years of experience working with children ages 3-19 in areas such as childcare, special needs education, and juvenile justice.

If you really knew Tamara, you would know...

- She loves helping others and giving back to her community

- She loves to travel!

- She lives in a house, divided with she being a New England Patriots fan and her husband a Las Vegas Raiders fan.

FOR MORE SELF-DIRECTED LEARNING

CLICK HERE



Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.  
Desmond Tutu

WHY DO YOU DO IT?

Do you have a foster care success story, big or small, you would like to share?

Perhaps you have a motivational story for foster parents just starting their journey.

Click [HERE](#) and share your victories with us, and there's a chance your story may be featured on the DCS Talks Podcast!

HELPFUL LINKS

[Foster Parent Training](#)

[Training Calendar](#)

[Online Training](#)

[Self-Care](#)

[DCS Talks Podcast](#)

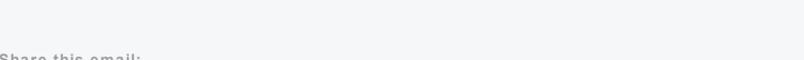
[Child Welfare Resources](#)

[Regional Training Contact](#)

[DCS Listens Registration](#)

Office of Training and Professional Development

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